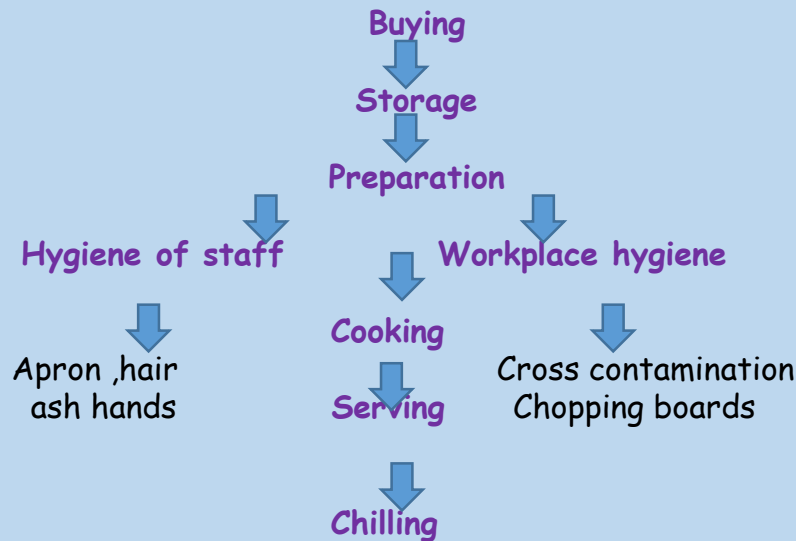


# Hygiene

EHO- Environmental health Officer - job is to protect workers and customers safe.

Any Question referring to EHO , HACCP, Hygiene to include



## Temperatures

Fridge 0-5 degrees C  
 Freezer -18 degrees C  
 Core Temperature 75 degrees C  
 Hot Holding temperatures 63 degrees C  
 Danger Zone 5-63 degrees C

**Defrost** - cover, bottom shelf 24 hours

## Costings

Ingredients x100/40  
 Gives selling price and considers mortgage, rent, gas , electricity, staff

**Coeliac** - cant eat wheat  
 Use gluten free products

**Lactose intolerant** cant eat dairy use soya/ almond/coconut products

Symptoms of Food Poisoning, Nausea, diarrhoea, sickness, fever, stomach cramps

# Nutrition

When planning meals they should also include the following dietary guidance

## Protein

Growth and repair  
 Meat, fish, nuts seeds

## Carbohydrate

Energy  
 Pasta, rice potatoes, bread

## Fat

Warmth, Vitamins ADEK  
 Unsaturated - plants - oils  
 Saturated - animals- butter- lard-cream

## Dairy

Calcium -- teeth and bones  
 Cheese, milk, yoghurt

## Vegetables

Vitamins BC  
 Fight infection, fibre,

Eat less sugar.

Eat less fat.

Eat less salt.

Eat more fibre

Eat more Fruit and

Veg

Too much saturated fat, salt, sugar

Leads to

- Obesity
- Diabetes type 2
- Cancer
- Stroke
- Heart Disease

## Elderly

Need fewer calories

Need vitamin D to help prevent osteoporosis

Need small portions of fresh food that are easy to swallow

Like one-dish meals as they are easy to eat

Need extra zinc in their diet to help keep the brain active

## Children and Teenagers

Need foods rich in calcium and vitamin D to help their bodies grow

Need to eat fresh foods

Need to avoid processed foods with additives such as colourings, preservatives

Carbohydrates for energy

Iron - periods

Fruit and vegetables - stop infection